



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

Agenda

March 28, 2017 10:00am - 11:30am
Columbus Public Health, 119C

Organization	Member
CPH –Growing Healthy Kids Columbus	Ali Segna
CPH – Creating Healthy Communities	Dana Dorsey
Personal Fitness Navigators	Ricardo Wilson
Nationwide Children’s Hospital - CHWN	Megan Gorby
Children’s Hunger Alliance	Michelle Hoffman
CPH – CDC PHAP, Chronic Disease Prevention	Elise Fester
CCS – Wellness	Carolyn Bernard
CPH – My Baby and Me	Stephanie Wade
FCFCFC	Carol Taylor
CPH – SNT	Bob Holomuzki
Moms2B	Carmen Clutter
CPH – HCHW	Hannah Bills, Alyssa Dorsey
OSU Extension – Franklin County	Jenny Lobb
YMCA – Head Start	Jess Lambie
CPH – OMH	Lindsey Latscha and Jesus Ovalle

STEERING COMMITTEE MEMBERS:

Carolyn Bernard, Columbus City Schools
Megan Gorby, Nationwide Children’s Hospital
Mark Haynes, Children’s Hunger Alliance
Ali Segna, Columbus Public Health
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension
Dawn Sweet, Franklin County WIC
Hannah Bills, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Matthew Yannie, United Way of Central Ohio

Agenda

10:00am – 10:30am Member Introductions and Program Updates

Partner/Organization	Program Updates
Ali Segna, CPH/GHKC	GHKC received NACCHO Model Practice status – congratulations, this is a group award! Healthy Gatherings Workshop (April 25 th , 8:30 am -12 noon, CPH Auditorium) – even if planning to come as a group/organization, each person should register.
Dana Dorsey, CPH/CHC	Has updated Fresh Foods Here postcards with new locations, contact her for copies; will be presenting the Healthy Gatherings toolkit next Friday (April 7) at James E. Bradley Senior Center, will be a soft-opening (of sorts) for the workshop.
Ricardo Wilson, Personal Fitness Navigators	Offers a DJI cardio boxing program for all ages; wanted to share the importance of taking children where you go – help them learn exercise doesn't need to be a specific planned activity, rather simply movement and having fun!
Megan Gorby, NCH	Held Center for Healthy Weight and Nutrition's first cooking class – for children and adults (44 total participants, 13 volunteers), hoping to do once a quarter; Junior League's Kids in the Kitchen "Healthy Cooking Demos" – this Saturday (April 1), 9:30 am - 12 noon, at Columbus Culinary Institute
Michelle Hoffman, Children's Hunger Alliance	Finishing up delivering OHP trainings; beginning first Technical Assistant visits; launching Eat, Play, Grow curriculum in 5 Cleveland, Cincinnati and Columbus daycare centers; put a "Savor Before You Flavor" poster next to the CHA office coffee pot, sparking discussion
Elise Fester, CDC/CPH/CDP	Assisting with Healthy Gatherings Workshop planning; helping to create Healthy Celebrations Ring of Fun! (see Alyssa Dorsey's update for more details)
Carol Taylor, FCFCFC	Thanks to grant funding, growing Trauma Informed Care Team from 2 to 10 people; partnering to provide training to 3 local high schools.
Carmen Clutter, Moms2B	New site on South East side; looking to open a site in Hilltop this summer; looking to hire dietitian and nutrition aide
Stephanie Wade, My Baby & Me	In the process of implementing a new computer system, inputting 200 clients
Carolyn Bernard, CCS	Working on creating screen time guidelines for classrooms; working on a grant to purchase another Imagination Playground for check-out
Hannah Bills, CPH/HCHW	Working with ODH to transfer trainings to online model, 15 hours of in-person curriculum; hiring part-

	time employee to help with curriculum transfer; HCHW also awarded NAACHO Model Practice status!
Alyssa Dorsey, CPH/HCHW	Working on creating a Healthy Celebrations Ring Of Fun! Tool for early care providers to celebrate religious and non-religious holidays in their classroom – each holiday has a corresponding physical activity, craft, book, music and snack.
Bob Holomuzki, SNT	SNT checking skills of 170 employees, chose healthy snacks to serve during the process; doing vaccines in CCS the next couple months
Jess Lambie, YMCA Head Start	Smart from the Start curriculum implemented at new site, Family Fun Days had healthy food emphasis; new menu items – more variety, less fried foods
Jenny Lobb, OSU Extension – Franklin County	Office just moved to W Spring Street, still interim space – but has a large meeting space and kitchen; just hired new SNAP Ed coordinator

10:30am – 10:45am Office of Minority Health and Minority Health Month Initiatives Lindsey Latscha
Jesus Ovalle

- Minority Health Advisory Committee meets bi-monthly
 - Next meeting: July 11, 2017 at Columbus Public Health, room 119C
- Most requested interpretation
 - Columbus Public Health has on-site Spanish and Somali interpreter
 - Growing Arabic and Napoli requests
 - On average, Office of Minority Health (OMH) schedules 500-800 appointments per month
 - 1000 in July of last year
- Local Conversations – not to be confused with Community Conversations
 - An informal needs assessment
 - About access to care, combined with epidemiology report to create comprehensive report
 - Distributed report to local leaders
 - Continuing to administer surveys
 - Look at CPH - OMH website to read report
- Don't hesitate to reach out to OMH for questions about context, strategies, and interpretive services!
 - Contact Ryan Johnson (614) 645-7335, rejohnson@columbus.gov
- **April in Minority Health Month!!!** Check out events happening at :
<https://www.columbus.gov/publichealth/programs/Minority-Health/Minority-Health-Month---April/>

10:45am – 10:55am Coalition Building

All

10:55am – 11:05am Breaking News

Ali Segna

- **Baby Boxes** - This past month you will likely see stories about “Ohio” making baby boxes available statewide. Just to provide some clarification, there is a group in pockets of the state (Mansfield, Cincinnati, Cleveland) that are making baby boxes available to people statewide that complete an on-line safe sleep curriculum.

Locally - Ohio Department of continues to support the Cribs for Kids program and the distribution of pack and plays. Also, with the support from our Hospital Council, every new parent in Columbus will see a safe sleep video during their maternity stay.

- **Association of a Community Campaign for Better Beverage Choices With Beverage Purchases From Supermarkets –**
 - Question Asked: Are campaigns to decrease consumption of sugary drinks associated with decreases in beverage purchases from local supermarkets?
 - Objective: To compare beverage sales in Howard County, Maryland (HC), with sales in comparison stores in a adjoining state before and during a 3-year campaign to reduce consumption of sugary beverages.
 - Exposures: Television advertising, digital marketing, direct mail, outdoor advertising, social media, and earned media during the 3-year period created 17 million impressions. Community partners successfully advocated for public policies to encourage healthy beverage consumption in schools, child care, health care, and government settings.
 - Findings: This observational experiment with a control group measured supermarket beverage sales before and during a 3-year community campaign. Regular soda sales decreased by 19.7%, fruit drink sales decreased by 15.3%, and juice sales decreased by 15.0%, changes significantly larger than those observed in the control stores.
 - Meaning: A community public health policy campaign targeting sugary drinks had a measurable effect on retail beverage sales.
- **Philadelphia Says Beverage Tax Has Created Over 250 Jobs For Pre-K Program –** The City of Philadelphia's quality pre-K program, funded by the Philly Beverage Tax, says the tax has helped create 251 jobs to date.

In a survey completed by PHLpreK providers early this month, pre-K center owners and directors reported having created 191 teaching positions; 147 of which are full time and 44 are part-time. In addition, pre-K providers have hired 60 support and administrative staff members. The average wage reported is \$14.72 per hour.

"We've long known about the economic impact that investment in quality pre-K has on local communities," said Otis Hackney, Chief Education Officer for the City of Philadelphia. "PHLpreK is not only preparing thousands of students for success in school, but it's also creating hundreds of jobs in the early childhood educator sector."

"Nearly half of all providers have also made facility enhancements that required hiring professional contractors, and we know that parents have also been able to return to the workforce as a result of this initiative."

- **Pepsi To Eliminate 80-100 Positions In Philadelphia Following Beverage Tax –** Link to news clip: <http://philadelphia.cbslocal.com/2017/03/01/pepsi-to-eliminate-80-100-positions-in-philadelphia-following-beverage-tax/>
- **Better Beverages for Kids in Perris, California -** On March 14, 2017, the city council in Perris California voted unanimously in favor of the ordinance that adds a chapter to their municipal code

‘establishing default beverages offered in children’s meals’ as healthy options. Their focus on sugary drinks is one of several efforts to address kids’ health issues.

The new ordinance requires restaurants that have a kids’ menu or combination children’s meals to automatically include water, milk or 100% juice instead of sugary drinks. It does not prohibit customers from requesting and purchasing other beverages for children.

Question: Will new beverage restrictions lead to fast food chains not calling meals aimed at children “Kids Meals” anymore?

- **Ohio's Healthy Food Movement: Opening a Grocery Store in Vinton County** - Limited access to healthy foods is a statewide problem in Ohio, affecting an estimated 2 million residents. It not only affects urban neighborhoods in cities such as Cleveland, Cincinnati, Columbus and others, it also impacts many rural communities including those in the southern Appalachian region of the state.

In late June, Ohio Governor John Kasich signed into law a budget that includes \$2 million in seed capital to create a Healthy Food Financing Initiative, which will be a flexible grant and loan fund that will be administered through the Ohio Department of Jobs and Family Services.

Link to video: https://www.youtube.com/watch?v=9RLKQblo_F8

- Video calls to mind movement to improve food access elsewhere in the nation (i.e. Alabama)
- Personal story – in Deer Creek one has to go 40 miles to get to any grocery store with fresh foods, only local dollar store which offers exclusively shelf stable foods
- Fresh Foods Here – CHC program works to improve rural access (in addition to addressing urban food deserts)
 - Common misconception: just because these towns are near farms doesn’t necessarily mean access to produce
- Giant Eagle (on Dublin-Granville Rd, near Hwy 71/ Hwy 161 intersection) recently closed without great alternative option nearby

11:05am – 11:15am Member Survey

All

11:15am – 11:30am Which Healthy Gatherings resource did you use and how did it go? Dana Dorsey

- CDP/CPH – Placed “Savor Before You Flavor” poster by Keurig; using D.I.Y. Yogurt Bar sign up for event/celebration
- CHA – Placed “Savor Before You Flavor” by office coffee machine; encourage monthly healthy food related events around the office (i.e. attending Healthy Gatherings Workshop, salad competition)
- CCS – Wellness website links district-wide to GHKC website, so resources readily available; coming this summer: recreating Healthy Gatherings toolkits for all buildings
- My Baby & Me – Recently used D.I.Y. Taco Bar sign-up sheets; went smoothly, opportunity to try new foods

Next Steps: Register for the Healthy Gatherings Workshop by **Friday, April 7th**

Next Meeting: Healthy Gatherings Workshop, April 25th, 2017, 8:30am-12:00pm, Columbus Public Health Auditorium